Part of Together We

The Recovery College

Allerdale | Copeland | Carlisle | Eden

together we Cumbria

Peer Support

NHS North East and North Cumbria

# Timetable for

# Copeland

## September 2026 - December 2026

**or scan here!**

## Enrolment:

**Click on this link to enrol for Copeland Courses and Groups, suitable for adults aged 18+.**

**If you are viewing this as a paper copy, there are a number of alternative ways to register:**

- **Website – www.togetherwe.uk/recovery-college**
- **Phone – 0808 196 1773**
- **Email – hello@ncrecoverycollege.org**

**You will find course descriptions and our frequently asked questions at the end of the timetable.**
**Based on demand some courses may be changed or replaced with alternative courses to ensure we are meeting the needs of our service users as best as possible.**

## Where we work from - All Areas

### Allerdale:

**16 Jane Street, Workington, CA14 3BB**
**The Carnegie Theatre, Workington, CA14 2BD**
**The Oval Centre, Salterbeck Dr, Salterbeck, Workington CA14 5HA**
**Westfield Family Hub, Moorclose Road, Workington, CA14 5AP**
**Park End Shelter, Workington, CA14 2QA**

### Copeland:

**Time to Change Community Centre, B4 Haig Enterprise Park, Kells, Whitehaven, CA28 9AN**
**Whitehaven Family Hub, The Old Bank, Swingpump Ln, Whitehaven CA28 7LZ**

### Carlisle:

**The Lookout, Shady Grove Road, Carlisle CA2 7LD**
**Chances Family Hub (Morton), Wigton Road, Carlisle, CA2 6JP**
**Botcherby Community Centre, Victoria Rd, Carlisle, CA1 2UE**
**Newtown Hub, Shadygrove Road, Carlisle, CA2 7LE**

### Eden:

**Penrith Parish Centre, St Andrews Place, Penrith CA11 7XX**

# Recovery College Course Themes

Our courses are organised into three themes: Regulate, Reflect and Recover. Together, they offer opportunities to build skills, explore wellbeing, connect with others, and support your recovery through learning.

## Regulate

The Regulate theme focuses on helping you understand and manage your emotions, thoughts, and wellbeing. These courses offer practical tools and strategies to help you cope with everyday challenges, build confidence, and improve resilience.

In a supportive and welcoming learning environment, you will explore ways to feel more in control, manage difficult feelings, and develop skills that support your recovery and wellbeing.

## Reflect

The Reflect theme provides opportunities to pause, explore your experiences, and focus on your wellbeing. Through creativity, self-expression, and personal reflection, these courses encourage you to develop greater self-awareness and understanding.

Explore ways to build confidence, recognise your strengths, support your wellbeing, and develop practical approaches to staying safe and well. These courses promote personal growth, connection, and recovery through learning and shared experiences.

## Recover

The Recover theme focuses on supporting people to build connections, share experiences, and take positive steps towards recovery and wellbeing.

These courses provide opportunities to learn from one another through peer support and shared learning, develop self-confidence, and explore what recovery means to you.

Click here to enrol

# Copeland Provision - November/December 2026

## Tuesdays

03/11, 10/11, 17/11, 24/11, 01/12 and 08/12

**Time to Change (West Cumbria) Community Centre, Kells, CA28 9AN**

### Decider Life Skills

10:00am - 11:00am

### Emotional Resilience

11:00am - 12:00pm

### Women's Group

(weekly)
12:00pm - 1:00pm

## Wednesdays

**Time to Change (West Cumbria) Community Centre, Kells, CA28 9AN**

### Together We Relax

(weekly by appointment only, please contact us on 07759843034)

## Thursdays

**Time to Change (West Cumbria) Community Centre, Kells, CA28 9AN**

### PitStop Wellbeing Cafe

(weekly)
12:00pm - 2:30pm

**Whitehaven Family Hub, The Old Bank, Swingpump Ln, Whitehaven CA28 7LZ**

### Sling and Baby Carrier support session

1st and 3rd Thursday of every month
11:30am - 1:30pm

# Course Descriptions

| Course | Description | Theme |
|---|---|---|
| **Decider Life Skills** | The Decider Life Skills were designed to enable participants to make effective changes to help manage distress, regulate emotion, increase mindfulness, promote effective communication and to live a more skilful, less impulsive life. The Decider Life Skills are delivered in an original, fun and creative style, using role plays, props, imagery and music, that makes them easy to learn and easy to teach. The demonstrations bring the 12 skills to life. | **Regulate** |
| **Emotional Resilience** | These sessions will help you to understand and manage your own resilience and increase understanding about the resilience of others. You will learn how wellbeing is affected and the positive changes that can be made to improve wellbeing. | **Regulate** |
| **PitStop Wellbeing Cafe** | Take a break, unwind, and connect with others in a warm and welcoming environment at our Pit Stop Wellbeing Café. Enjoy a hot drink, friendly conversation, and a supportive atmosphere where everyone is welcome.<br>Whether you're looking to catch up with friends, meet new people, or simply take some time for yourself, this informal drop-in session offers a safe and relaxed space to connect, share experiences, and support your wellbeing. | **Recover** |

# Course Descriptions

| Course | Description | Theme |
|---|---|---|
| **Sling and Baby Carrier support sessions** | **Friendly, free drop-in support for parents, carers and families.**<br>No appointment or booking is needed — just come along. Mums, dads, partners, relatives and babies are all very welcome. Whether you are new to slings or already have a carrier, we can help you feel confident, comfortable and safe. We offer free safety advice and free fit checks for any sling or baby carrier.<br>You can also borrow a sling from us for free for up to three months, giving you time to try one out and find what works best for you and your baby.<br>Our experienced, fully trained staff will guide you through your options and provide the information you need to carry your baby safely, comfortably and with confidence. | **Recover** |
| **Together We Relax** | **Wellbeing and therapeutic services available by appointment only - contact Mandy on 07759843034 to book an appointment or register via our enrolment form.**<br>To make the service accessible to all we ask that you consider making a donation for the treatment you have, the services include therapeutic massage, crystal healing, aromatherapy massage and more. | **Regulate** |
| **Women's Group** | This group is an opportunity for women to share experiences and explore personal growth in a safe, welcoming and informal environment. Through guided discussions, creative activities, and peer support, participants will build confidence, strengthen resilience, and foster meaningful connections. | **Recover** |

# North Cumbria Recovery College - Frequently Asked Questions

## What is a Recovery College?

It's a place you can go to learn techniques and strategies to help manage mental and physical wellbeing for yourself or someone you might be caring for.Sessions are supported by Lived Experience Peers which includes NHS Peer Supporters, Together We CIC Volunteers and helpers.

## Who is a The North Cumbria Recovery College for?

Recovery Colleges are for all Adults aged 18+ that would like to improve their overall mental health and physical wellbeing. Our overall aim at the North Cumbria Recovery College is to improve hope for everyone that uses our service.

## Where is the North Cumbria Recovery College based?

We have bases across North Cumbria where we provide a range of courses and groups.

## When are the sessions on and how much do they cost?

The sessions run on a 6-week block timetable format, with drop-in sessions in between. Timetables are published online on the website, social media and sent out via email to those on our mailing list. Sessions are fully funded by grants and donations.

# North Cumbria Recovery College - Frequently Asked Questions

## What is the difference between a course and a group?

A course typically lasts 4-6 sessions and follows a set structure; a group is ongoing and the people attending the group often discuss the theme and activities of the group more informally than a course.

## What is the attendance criteria?

If you join a course, we would like you to attend all of the sessions if you can, but we understand that life gets in the way sometimes and we would encourage you to attend as much as you can. It is OK to repeat our courses if you'd like to. A group is ongoing, and you can freely pop in and out of the group sessions as you need to.

## Would I be able to volunteer at the Recovery College?

Yes, absolutely. We would recommend that you attend some of the sessions or groups to gain an insight to the organisation first and then contact our Team Leader to begin the process of becoming a volunteer with us.